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STORMING THE HILL

National Health and Fitness Day beats a snow day

metroNEWS

Senator Nancy Greene skies around the front lawn of the Parliament buildings on Wednesday.

THE CANADIAN PRESS

City deficit hits $42M

COSTS

But shortfall is not as deep as staff initially calculated

Lucy Scholey
Metro | Ottawa

The City of Ottawa's deficit may look bad, but staff say it's not as bad as they thought.

The city closed 2015 with a massive $42-million shortfall on the books. Of that, $25.9 million stems from property tax-supported programs, while water and wastewater operations are another $15.9 million in the red.

The reasons include: Heavy snowfalls early in the year, higher-than-expected arbitrated settlements for 2014 and 2015, additional Workers Safety and Insurance Board costs with the provincially mandated addition of six work-related cancers, and unachievable revenue targets in areas like sponsorship.

However, "the actual results are significantly better than projected with a $20.6 million improvement over the forecasted deficit," reads a staff report that's going before a finance and economic development committee on Tuesday.

Thanks to a spending and hiring freeze, a warmer end to the winter season and higher revenues in some departments, staff were able to cut the anticipated $46.5-million deficit.

But, as water consumption levels continue to come up short, the rate-supported shortfall came in higher than the anticipated $10 million. City staff are recommending that several reserve funds cover last year's shortfall. The decision will be up to the finance committee and council.

That should do the trick, said Ottawa Mayor Jim Watson.

"We're on target for another deficit-free budget in 2016."

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metro NEWS

Your essential daily news

Ban on growing medical marijuana struck down; pharmacies jump at chance to dispense legal pot. **Canada**

Audit considers sidewalk safety

Between construction, winter weather and busy roads, walking in Ottawa isn't always comfortable, a new report has found. Along Scott Street in particular, pedestrians share space with long lines of buses, particularly at rush hour. EMMA JACKSON/METRO

ACCESSIBILITY

Findings to be tabled at Thursday event

Emma Jackson
Metro | Ottawa

Whether you're pushing a stroller, using a cane or driving a motorized wheelchair, the state of the sidewalks can make or break your ability to get around.

That's why the Pedestrian Safety Committee, part of the city's Council on Aging, just spent more than a year auditing sidewalks, pathways and crosswalks for safety and accessibility issues in spring, fall and winter.

They'll table their findings Thursday at a special event in Alta Vista.

The issues, to anyone who walks, are well-known: missing pathway connections, lack of safe crossings and poor winter maintenance, for example.

The committee worked with Ecology Ottawa and the city's public works department to develop a sidewalk hazard form and a walkability audit checklist for exploring broader safety and accessibility issues.

"Once we had that we thought we should try it out," said Dianne Breton, who chairs the committee. And so volunteers set out with local councillors and city staff in tow, to assess sidewalk safety in Beaverbrook, Hintonburg and the Glebe. Results varied, Breton said.

In Beaverbrook, traditional sidewalks aren't as prevalent as multi-use pathways, which have their own issues: crumbling asphalt, for one, and narrow paths that aren't quite comfortable to share. Crosswalks are also few and far between in the Kanata community,

Breton said, posing problems not just for seniors and people with mobility issues, but also for kids walking to school.

Downtown, the issues were a bit different.

In the Glebe, residents at the Abbotsford Senior Centre found residential streets lacked safe crossings, or the light was too slow to let seniors and people with mobility issues cross in time. Along the Bank Street bridge, pedestrians felt uncomfortable being so close to traffic, Breton said.

The same was true along Scott and Albert streets in Hintonburg, where the sidewalk is often right beside the busy road. It recently became a transit thoroughfare as the Transitway was shut down for construction, as well.

Winter maintenance is a separate beast altogether. The audits found sidewalk plowing is often lacking, and when it is done it can create icy, uneven walkways. Snowbanks also reduced visibility or blocked mailboxes.

Despite these issues, Breton said pedestrian safety is slowly getting better. The city's term of council priorities includes $11.2 million to improve crosswalk safety, for example.

The report will make multiple recommendations to the city and the council on aging Thursday afternoon.

SENIORS

The issue is crucial: By 2031, more than 25 per cent of Ottawa residents will be over 65, according to the Council on Aging.

LABOUR RELATIONS

Flatulent and barefoot: uncivil servant made co-worker ill

A public service board has granted an Ottawa bureaucrat the right to work in a different building from a loud and flatulent co-worker who swore, uttered odd noises and even washed his bare feet with vinegar in the office.

Line Emond, a data quality manager at the Parole Board of Canada, has been granted the right to a new workplace in a decision by the Public Service Labour Relations and Employment Board.

Emond filed a grievance claiming that the behaviour of her co-worker, identified only as Mr. X, made her ill.

Mr. X arrived in Emond's office in the fall of 2009 and Emond took sick leave in August 2011 and was on disability leave until March 2013.

At one point, Mr. X filed a grievance against Emond, which was upheld in part.

Emond complained that her employer had failed to deal with her grievance properly.

Other workers testified about Mr. X's strange behaviour, including making "bizarre noises, such as strange yawns," walking around the office barefoot and washing his feet with vinegar in front of others "who found it disgusting."

A lawyer for the government said it appeared the dispute was a personality conflict, not a matter of illness and incapacity.

A doctor testified that Emond demonstrated a high anxiety level about the co-worker and felt threatened.

The arbitration ruling said there was a clear clash.

"Counsel maintained that the evidence is abundantly clear about Mr. X's abusive behaviour and his negative and harmful effect on the grievor," the ruling said. THE CANADIAN PRESS

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What to expect in the budget

Finance Minister Charles Sousa will introduce the Ontario budget today. Here are five things to expect:

1. **Deficit:** The ninth consecutive deficit budget is expected to outline how the Liberals will eliminate $7.5 billion in red ink by 2017-18.

2. **Debt:** Ontario's net debt is expected to surpass $300 billion, with bond rating agencies watching closely to see if the debt-to-GDP ratio will be heading down from nearly 40 per cent.

3. **Cap and trade** (see story, right)

4. **Booze:** It will outline already announced plans to let some grocery stores sell wine, which will get a new minimum price and could also be hit with a new tax.

5. **Violence against women:** There will be more details on the government's strategy to combat violence against indigenous women, which Premier Kathleen Wynne announced Monday would get $100 million in funding over three years.

THE CANADIAN PRESS

Premier Kathleen Wynne on Wednesday revealed some of the impacts a new cap-and-trade system would have on consumers. BERNARD WEIL/TORSTAR NEWS SERVICE

Cap-and-trade will add 4.3 cents a litre to gas

QUEEN'S PARK

Program meant to cut emissions outlined

Motorists and most homeowners in Ontario will be among those to feel the first effects of the Liberal government's cap-and-trade plan, paying more for gasoline and natural gas.

Premier Kathleen Wynne revealed some of the impacts on consumers Wednesday, such as an increase of about 4.3 cents a litre on gas and about $5 more per month on residential natural gas, before the legislation enabling cap-and-trade was to be introduced.

"The cost of doing nothing is much, much higher than the cost of going forward and reducing greenhouse gas emissions," she said.

More details are expected to come Thursday as the government tables its budget, but the government indicated Wednesday that some large polluters will be given temporary allowances.

Revenue from the cap-and-trade auction set for next year will be used to "protect" consumers from an electricity rate hike and could even lead to rates going down, Wynne said, adding she expects the program won't increase electricity costs for the industrial and commercial sectors.

Retrofitting and conservation programs could also be used to offset increases in natural gas bills, she said.

Environment Minister Glen Murray predicted that drivers wouldn't notice much of a change in gas prices, since they already fluctuate.

"In my (downtown Toronto) constituency, and I don't have a big constituency, the difference in gas prices between one station and another is greater than any change that's going to occur as a result of cap and trade," he said.

Green Party of Ontario leader Mike Schreiner said large emitters should not be given a "free ride" through temporary relief as cap-and-trade is implemented.

But Murray said it's necessary to protect Ontario jobs in industries that are competing with jurisdictions without a carbon pricing system. About 14 per cent of industries will get allowances, he said.

> **The cost of doing nothing is much, much higher than the cost of going forward and reducing greenhouse gas emissions**
> Premier Kathleen Wynne

"We know that the people getting reductions or getting assistance through this program are legitimately trade exposed and are legitimately making reductions and need that protection," Murray said.

NDP Leader Andrea Horwath supports cap-and-trade but said it's "worrisome" big polluters are getting "a bit of a pass."

Cap and trade is scheduled to take effect in January and the government expects to raise about $1.3 billion in its first full year of operation, money that will be devoted to lowering greenhouse gas emissions.

Finance Minister Charles Sousa denied Wednesday that cap-and-trade revenue would be used to lower the $7.5-billion deficit, which the Liberals have promised to eliminate by 2017-18.

However, the revenues still have to show up on the government's balance sheet.

$1.3 billion

Amount the government expects to raise toward reducing greenhouse gas emissions in its first year of operating the program.

Progressive Conservative Vic Fedeli believes cap-and-trade revenue will be used to show a lower deficit, similar to the accounting for revenue from a Hydro One IPO, even though both are dedicated for specific funds for climate change initiatives and infrastructure projects.

The fall economic statement showed a 2015-16 deficit projection that was $1 billion lower than was forecast in last year's budget — much of the revenue boost was due to IPO revenue on the books, but Sousa denied it was being used to lower the deficit.

THE CANADIAN PRESS

Remains of the power plant in Mississauga, Ont.
THE CANADIAN PRESS FILE

COURT

Gas-plant case faces delays

The case involving two top aides to former Ontario premier Dalton McGuinty has been put over for a month.

Ex-chief of staff David Livingston and his deputy, Laura Miller, face charges of breach of trust and mischief.

The case relates to the destruction of email records around a decision to scrap two gas plants before the 2011 provincial election. The decision cost taxpayers $1.1 billion.

Lawyers told court Tuesday that Miller had a new lawyer who is reviewing disclosure.

The case, being handled by federal prosecutors, was put over for another date-setting on March 23. THE CANADIAN PRESS

Council rejects shared fibre-op decision

INFRASTRUCTURE

City supports position of telecom giants

Lucy Scholey
Metro | Ottawa

Ottawa city council will not be echoing Toronto and Calgary in their support for a controversial decision that forces big telecom companies to share their high-speed Internet lines.

The Canadian Radio-Television and Telecommunications Commission (CRTC) recently ruled that smaller companies can piggyback off the fibre-optics infrastructure of Internet giants such as Bell.

On Wednesday, Kitchissippi Coun. Jeff Leiper tried to rally his council colleagues in support of that ruling.

His motion failed 17-7.

For Leiper, the ruling is about fostering competition and creating affordable Internet.

Somerset Coun. Catherine McKenney added that she has spoken with many families and seniors who can't afford the service.

However, many councillors around the table argued it was not a topic worth debating in the council chambers, but at the CRTC.

> **They're going to spend the money and not be able to recover the money.**
> Coun. Stephen Blais

"It just looks like a high-five to them to say, 'Good job,'" said Innes Coun. Jody Mitic.

Cumberland Coun. Stephen Blais called the motion "anti-rural Internet" because it creates a disincentive for telecom companies to extend their network.

"They're going to spend the money to put the wires in the ground and then they're going to be competing on offering the service and not be able to recover the money," he said, following the meeting.

Mayor Jim Watson also voted against Leiper's motion. He recently wrote a letter to the Clerk of the Privy Council in support of Bell's application to overturn that CRTC ruling.

Toronto's city council recently voted in favour of upholding the CRTC decision (despite Mayor John Tory's opinion to the contrary).

The City of Calgary submitted a report defending the CRTC decision.

Riley Brockington, right, wants the city to formally ask the province to allow photo radar on local streets. METRO FILE

CITY HALL

Use photo radar, nab speeders: Councillor

An Ottawa councillor wants the city to use photo radar to catch more speedsters.

At a council meeting on Wednesday, River Coun. Riley Brockington called speeding "an ongoing problem." He plans on bringing forward a motion asking the province to amend its laws and let municipalities use photo radar. It will be up for debate at next month's council meeting.

"Despite the fact that the City of Ottawa uses multiple initiatives to calm traffic and reduce the speed of traffic, residents continue to identify that speeding on local streets is an ongoing problem and a significant safety issue in Ottawa," reads his notice of motion.

This week, Toronto Mayor John Tory formally asked Premier Kathleen Wynne to allow photo radar in the city. He said it will reduce policing costs.

Wynne said she's open to the traffic control cameras, but that it would be up to municipalities to approach the province on the technology and not the other way around.

Ottawa Mayor Jim Watson said he needed time to study whether photo radar is a life-saver.

LUCY SCHOLEY/METRO, WITH FILES FROM TORSTAR NEWS SERVICE

IN BRIEF

Call to hire 12 paramedics
An Ottawa city councillor wants the city to hire more paramedics to relieve strained resources in rural parts of the city.

West Carleton-March Coun. Eli El-Chantiry tabled a notice of motion at Wednesday's council meeting calling for the city to hire 12 paramedics and buy four more emergency vehicles.

There has been a 23 per cent increase in paramedic response volumes over the past five years, he said.

The dozen new hires would cost $780,000 next year. The vehicles would cost $260,000.

LUCY SCHOLEY/METRO

Snowmobile crash kills man
Provincial police say 26-year-old Justin Petersen of Ottawa died Tuesday in a snowmobile collision in South Dundas Township.

Investigators say two snowmobiles struck a ditch off a trail. The other driver, a 36-year-old man from Manotick, Ont., survived.

THE CANADIAN PRESS

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Police officers investigate the crime scene at the edge of **Lawson Park in Overbrook** on Tuesday.
JOE LOFARO/METRO

Stabbing prompts action from City

OVERBROOK

Councillor to meet with police in wake of violence

Joe Lofaro
Metro | Ottawa

Rideau-Rockcliffe Coun. Tobi Nussbaum is scheduling a meeting with Ottawa police next week to see if there is a need to increase officer patrols in Overbrook in light of Monday's deadly stabbing.

Officers were called to Lawson Park near King George Street on Monday at 9:30 p.m. after police say a 19-year-old Overbrook resident was stabbed 18 times.

Mohamed Ali Hassan was pronounced dead in hospital and his alleged killer, Michael Leblanc, 26, is facing a charge of second-degree murder.

"Obviously the first thing was my thoughts when out to the family of the victim. It's a pretty horrible thing to happen to anyone. The loss of life was sad," said Nussbaum.

Overbrook has also seen three gang-related shootings in the past seven months.

On July 14, tactical officers were called to Lilas Private after a man barricaded himself in a home following a shooting.

A month after, the anti-gang squad was also called to Prince Albert Street after a man was shot in the leg.

Prince Albert Street was also the scene of another gang-related shooting last month after shots were fired into a home.

After the latest stabbing, residents were rattled and said they don't feel safe in their neighbourhood, but Nussbaum disagreed with the suggestion that his ward is a hotbed for crime.

"I understand that. People want to feel safe in their homes and in their community and I think all the people involved understand that and are going to be working hard in the course of the coming days to identify specific actions we can take to improve public safety," he said.

As an immediate action, Stéphane Giguère, CEO of Ottawa Community Housing, said community officers will be patrolling the area every two hours over the coming days.

Nussbaum said discussions are ongoing in the community about how to respond to crime and the Rideau-Rockcliffe Community Resource Centre has been working on a youth strategy so that young people "don't fall through the cracks."

FIRST STEPS

As an immediate action, Stéphane Giguère, CEO of Ottawa Community Housing, said community officers will be patrolling the area every two hours over the coming days.

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EVENT

Hijab Solidarity Day planned at City Hall

Sado Ibrahim has been wearing a hijab for almost 25 years — a personal choice she said she made after leaving her family in Somalia in the 1990s.

She is encouraging other women to stand in solidarity with those who choose to don the hijab on Thursday during Ottawa Hijab Solidarity Day.

They can even try one on, in the name of educating non-Muslims and eliminating Islamophobia. The event will be held at City Hall from 4 p.m. to 6 p.m.

"I feel liberated when I'm wearing it ... because it's something that came from me. It feels right for me," she said, acknowledging that women in other countries do not have that freedom.

"Any women who were forced or were subjected to that kind of oppression, we are against it."

But for the women in Ottawa who chose to veil their heads, this event is designed to provide them a safe space in light of anti-Muslim rhetoric which seemed to flourish during the federal election campaign, including the attack of a Muslim woman in Toronto last November.

The City for All Women Initiative (CAWI) and the Ottawa Coalition to End Violence Against Women (OCTEVAW) collaborated to help organize the event.

"This (reception) has nothing to do with negativity or anything to force people to either try on a hijab or to force people to become Muslim," Ibrahim said.

"It's more like an education piece." JOE LOFARO/METRO

OPPOSITION

About a dozen people say they will attend a protest inside City Hall to "demonstrate that you do not support the subjugation of women that the hijab represents," according to a Facebook event.

Ibrahim said she is not concerned about the anti-hijab protest and welcomes opposing views.

CELL PHONE SCHEME

Two teens arrested for fraud

Two Ottawa teenagers are facing several charges after police conducted an undercover operation relating to ads for cell phones online.

The investigation started when a youth claimed he was defrauded an undisclosed amount of money on Jan. 23 after answering an online ad.

East district investigators helped lead the probe, which resulted in the arrest of two 17-year-old boys in the 1700 block of Russel Road on Feb. 19.

One youth is facing fraud under $5,000, unlawfully dwelling in a home, and mischief to property not exceeding $5,000.

The second youth is facing a charge of unlawfully dwelling in a home and mischief to property not exceeding $5,000. Neither can be identified since they are youths.

Ottawa police want to educate the public about "buyer beware" tips when responding to online ads. They include not buying an item without inspecting it first and meeting a seller in a public place. Residents are encouraged to ask sellers for the 15-digit IMIE number when purchasing used cells to make sure the devices aren't stolen. JOE LOFARO/METRO

Transit contract ratified

CITY SERVICES

OC Transpo drivers will get modest raises

Emma Jackson
Metro | Ottawa

OC Transpo drivers can expect modest annual wage increases from now until 2020.

City council ratified a four-year collective agreement with the Amalgamated Transit Union local 279 Wednesday, approving two per cent raises for the next three years and a 2.25 per cent raise in 2020.

The contract covers 2,442 OC Transpo drivers, maintenance staff and safety officers.

The current contract expires at the end of March, and negotiations to replace it began in December.

This isn't the first time the current contract has come up for negotiation. The city and union executives attempted to replace last April, but members voted it down. That deal included the same wage increases as the one approved Wednesday.

The increases fall in line with Mayor Jim Watson's pledge to cap tax increases to two per cent a year until 2018.

The contract also covers a crucial time for OC Transpo as it prepares to open light rail downtown in 2018. OC Transpo officials are currently analyzing how bus routes and schedules will change once the train is up and running. The train will replace hundreds of downtown bus trips every day.

Pat Scrimgeour, OC Transpo's assistant manager of systems planning, said earlier this month it's not clear yet what kinds of job cuts might accompany the system overhaul.

Snow in the daytime Wednesday turned into nasty freezing rain and ice pellets as the storm moved in from Southern Ontario. HALEY RITCHIE/METRO

WEATHER

Storm smorgasbord of snow, ice and rain

Haley Ritchie
Metro | Ottawa

January may have been easy on Ottawa, but we're paying for it now.

Wednesday morning started with whiteout snow conditions that were followed by rain and ice pellets starting around 3 p.m. From there, things just got messier, and the bad weather is expected to last until at least Thursday evening

Environment Canada is warning that freezing rain could result in ice buildup. Meteorologist Geoff Coulson said the storm system spent Wednesday creeping upward from Texas into southern Ontario and across to the Maritimes.

"We're anticipating the transition from ice pellets to freezing rain over the course of the next few hours," he said Wednesday afternoon. "It's a massive storm providing all types of winter precipitation."

"If you need to be out there on the roadways, be aware."
Meteorologist Geoff Coulson

That means messy precipitation in and around Ottawa through Thursday. Coulson said changing temperatures could mean rain in the morning that turns into snow and freezes.

"There will be impacts and delays on drive in Thursday morning and a similar situation for the drive home Thursday afternoon," he said. "If you need to be out there on the roadways, be aware."

IN BRIEF

City council supports big plan to reduce emissions

Ottawa city councillors have given the green light to the most ambitious greenhouse-gas emissions target in the capital's history.

On Wednesday, Coun. David Chernushenko's climate protection plan won majority of approval.

The plan aims to reduce greenhouse gas emissions by 80 per cent below 2012 levels by 2050. Staff will also be directed to study the feasibility of implementing minimum energy performance standards for new buildings.

Councillors Scott Moffatt, George Darouze and Allan Hubley dissented.

LUCY SCHOLEY/METRO

Ottawa to start spraying for mosquitoes next year

Kanata residents may soon be able to mow their lawns without hordes of pesky mosquitoes buzzing around.

Councillors approved a new four-year mosquito-control program to squash the bloodsuckers. Next year, the city will spray a biological treatment, Bacillus thuringiensis israelensis, or Bti, that destroys the stomachs and larvae of mosquitoes. Health Canada has deemed it safe for humans, animals and non-mosquito insects.

Kanata North Coun. Marianne Wilkinson, who developed the plan, drummed up a special levy of about $35 per household for the program. LUCY SCHOLEY/METRO

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EVENT

Cross-country skiers promote fitness on Parliament Hill

Haley Ritchie
Metro | Ottawa

What to do when a blizzard turns Parliament Hill's lawn into an icy winter wonderland? Cross Country Ski Canada embraced the cold by breaking a sweat with skis and snowshoes in front of the Peace Tower on Wednesday.

"This is really about embracing winter," said Pierre Lafontaine, CEO of Cross Country Ski de Fond Canada, the group that organized the event, which is the first of its kind.

"We had a swim day on the hill, a bike day on the hill and this is the first ski day on the hill," he said.

A snowmobile was spotted on the hill Tuesday night grooming the lawn for the skiers. At noon the next day students from Nakkertok Nordique Club and XC Ski Fast braved the blowing snow and covered the lawn.

Lafontaine said the event was to promote National Health and Fitness Day and the organization's campaign to introduce more kids to the sport through their Ski at School program.

"Every kid in grade school should be active because it's easy to do. You could do it right here and you can do it in every backyard," he said.

MPs from all three parties showed up to join the students on the lawn at Parliament. Sen. Nancy Greene also joined the group — although the Olympic alpine skier said it was rare to see her doing cross-country.

"I'm absolutely thrilled," she said. "The goal is to plant the seed and get skis in the school yards everywhere there is snow. Then people could donate used equipment to schools. We need to engage kids." The event almost didn't take place, according to Greene, because "organized sports" are usually banned from the Hill.

"At first they said no you can't do it, it'll hurt the grass," she said.

Greene said they were lucky that a member of the Committee for the Use of Parliament Hill was a sympathetic cross-country skier who helped make the event happen.

Students from Nakkertok Nordique Club and XC Ski Fast cross-country ski on Parliament Hill's lawn. HALEY RITCHIE / METRO

Dan Metcalfe's portrait of J-Dilla will be on display at Kinki during Dilla 10 on Friday. DAN METCALFE

Still lots of love for hip-hop ace J-Dilla

BACKSTAGE PASS

Celebrate 10th anniversary of legend's death with his family

Trevor Greenway
Metro | Ottawa

It can't be easy to reflect on your brother's life 10 years after his death, but Illa J has been "feeling the love" in 2016. This year marks a decade since the sudden death of undoubtedly the best hip hop producer of all time, J Dilla, and Ottawa is pulling out all the stops to celebrate the mogul's life, his music and his legacy.

"It's nice to keep the legacy going," says Dilla's brother, John Derek Yancey or Illa J as he is known on stage.

"Usually, around this time, it's a sad thing, but because of all of the support from people all around the world, it makes it a positive thing. It shows that his presence only left physically and his spirit still lives through his music."

Illa J is currently on tour in Europe, but he's making a special trip back to Ottawa this Friday for Dilla 10: A Celebration of His Life and His Music at Kinki Lounge Kitchen.

The party will see Illa J perform alongside Detroit's Frank N Dank with one very, very special guest showing up: Dilla's mom, Ma Dukes.

"I am definitely pumped, it should be a really fun time," adds Dilla, en route to Paris. "Especially because I am going to be with Frank N Dank and my moms is going to be there. It's the family reunion tour."

The J-Dilla celebration will see local selectors Jon Deck and Mace, among others warming up the crowd.

If you're wondering why Ottawa is celebrating Dilla on such a grand scale, then you never really listened to hip hop. Either that, or you had no idea that much of the hip hop you listened to on your Walk-Man in the early 90s was produced by Dilla. Think A Tribe Called Quest, De La Soul, Busta Rhymes, Erykah Badu and The Roots. There is so much more. Dilla changed the hip hop landscape with his signature sound and his modest, back room approach to producing beats.

Dilla died February 10, 2006 after a three-year battle with Lupus. He was just 32 years old, staring a world of music ahead of him. But the hip hop mogul didn't fade away, not even the slightest. A slew of unreleased material has been dropped since his death, with his latest, and said to be last batch of his beats, set to drop this April on his posthumous album, The Diary.

Illa J says there has been a shift in the music industry over the last decade, one where musical mediocrity is celebrated on the radio while greatness is buried under a ton of garbage. He doesn't necessarily see it as only a bad thing, as most have to dig a little deeper to find the good stuff. He says the people who look for good music are the ones who are supposed to be listening to it.

"There's so much good music out there, from rock to R&B, every style of music," he adds. "I can hit up some alternative rock. Tame Impala, super dope, Alabama Shakes, super dope. This generation likes a lot of bass. Just take all the treble out and turn the bass up," he adds. Friday's celebration will be more than just music. Illa J, his mom and Kinki head chef Aaron Wong have curated a menu spinning off of Dilla's favourite eats.

Local artists Dan Metcalfe and Dom Laporte will be decorating Kinki with live art installations throughout the night and other artists will be auctioning off Dilla-inspired art work during a silent auction.

DETAILS

Tickets are $22 for dinner and the show while show tickets alone are $10. Music starts at 9 p.m. Friday at Kinki Lounge Kitchen. Come celebrate the man who changed hip hop, and bring an appetite!

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CARAMILK

Defence staffer clarifies candy

A Wikipedia page for the Cadbury Caramilk bar was anonymously edited by a computer with a Department of National Defence (DND) Internet Protocol address, according to the Twitter handle Government of Canada Edits. The edit corrected the erroneous information that the confection is a chocolate bar.

ISTOCK

On the Cadbury Caramilk page, the word "chocolate bar" was changed to "candy bar." The account @gccaedits automatically tweets whenever somebody edits a Wikipedia page from a list of known Canadian government IP addresses.

"The Caramilk bar does not meet the legal definition of a chocolate bar ... due to the use of vegetable oils in production," wrote the DND editor in a note about the revision.

TORSTAR NEWS SERVICE

Court gives green light

REGULATION

Ruling allows medical pot users to grow own cannabis

Neal Hall
For Metro

A Federal Court judge has struck down the new medical marijuana regulations put in place by the Conservative government in 2013, finding the new rules are unconstitutional.

But Judge Michael Phelan has decided to suspend striking the ruling for six months to allow the federal government to craft new regulations.

The landmark ruling means that the four B.C. plaintiffs in the case, heard in Vancouver last year, will be able to continue growing their own medical marijuana.

The new regulations were brought in by the Conservative government, forcing medical pot users to buy their marijuana from a commercial grower.

Neil Allard of Nanaimo, B.C. and three other users launched their constitutional challenge two years ago, arguing buying from commercial growers is more expensive and made them choose between their health or their liberty, as they faced possible jail time, if they continued growing their own.

The court had previously granted an injunction against the new medical marijuana regulations, allowing the plaintiffs to continue growing their own until a final ruling in the case.

That injunction will remain in place for the next six months.

In the final ruling released today, the judge decided the plaintiffs were entitled to a declaration that their Section 7 Charter rights had been violated by the new regulations and was not justified.

The ruling comes after a new federal government was elected and Prime Minister Justin Trudeau has promised to bring in legalization of marijuana, but has not yet drafted legislation.

Today's court ruling will push the government to come up with a new law within six months.

ISTOCK

Judge Phelan said in his ruling that he accepted the government's argument that the new regulations were brought in to reduce the risks of fire, mould, diversion, theft and violence "that inherently exist to a certain degree — although I note that these risks were not detailed."

The judge added that "this significant restriction punishes those who are able to safely produce by abiding with local laws and taking simple precautions to reduce such risk."

In the meantime, dispensaries have begun sprouting up across Canada.

DISTRIBUTION

Experts weigh in on plans

- The Neighbourhood Pharmacy Association of Canada says pharmacies are best equipped to dispense medical marijuana given their expertise in prescription drug management. The association's members include London Drugs, I.D.A. and Rexall. Shoppers Drug Mart also called pharmacies the safest bet.
- Canadian laws on pot must be upheld and enforced despite the government's plans to usher in legalization, former Toronto police chief and Liberal MP Bill Blair said Wednesday. THE CANADIAN PRESS

ISTOCK

REPUBLICAN RACE

Trump building up steam

Donald Trump's campaign for the Republican presidential nomination is building a momentum that may sweep away challenges by Florida Sen. Marco Rubio and Texas Sen. Ted Cruz, with his crushing win in the Nevada caucuses marking a third straight victory in state contests.

Rubio captured second place with fewer than 2,000 more votes than Cruz as final vote totals were reported Wednesday morning.

Trump, the billionaire New York businessman, now can claim victories in the West, the South and Northeast — a testament to his broad appeal among voters frustrated with the political establishment. His rivals are running out of time to stop him.

On Wednesday, Trump won his first endorsements from sitting members of Congress, with Reps. Duncan Hunter of California and Chris Collins of New York announcing they are backing him for the Republican presidential nomination.

"We're winning, winning, winning the country," Trump declared Tuesday.

"Soon, the country is going to start winning, winning, winning."

THE ASSOCIATED PRESS

Donald Trump
THE ASSOCIATED PRESS.

Austria, Balkan nations want stop to migrant flow

IMMIGRATION

Tensions rise as EU countries asked to share refugee burden

Overwhelmed by a wave of refugees and what they call indecision in the European Union, Austria and its southern neighbours along the Balkan migrant route agreed to tighter border controls at a meeting Wednesday - and warned that sooner or later they will have to shut their doors entirely.

Greece, the first point of landing for most of the migrants arriving by boat from Turkey, was not invited to the meeting and responded angrily by threatening to block decisions at a forthcoming EU migration summit if sharing of the refugee burden is not made obligatory for member states.

The EU has set up a scheme to share 160,000 migrants arriving in Greece and Italy. Even that would be only a fraction of the total numbers, but so far, barely 600 people have been relocated, and only some EU partners have offered places for them — fewer than 5,000 spots in all.

Prime Minister Alexis Tsipras said that from now on Greece "will not assent to agreements" unless all its partners in the EU are forced to participate proportionately in the relocation and resettlement of refugees. A senior government official, who spoke on customary condition of anonymity, clarified that Tsipras was specifically referring to a March 7 summit on immigration.

Tsipras lashed out at EU member states that "not only erect fences on their borders but at the same time do not accept to take in a single refugee."

Austria has recently capped the number of asylum-seekers it will accept daily at its borders to 80, and limited the number of refugees it will let pass through the country. That has led to more border restrictions being introduced further south, hurting countries along the route, including Greece.

Playing off warnings that the restrictions will lead to disastrous accumulations of refugees on borders along the route, Austrian Interior Minister Johanna Mikl-Leitner called for "a chain reaction of reason."

"We need measures that lead to a ... a domino effect. We must reduce the flow of migrants now," she said. "Because the refugee question can become a question of survival for the European Union." THE ASSOCIATED PRESS

An Afghan woman holding her son reacts as they arrive with other refugees and migrants from the Turkish coast to Mytilene, Lesbos island, Greece. The International Organization for Migration said **more than 102,500 people had crossed into Greece since Jan. 1** and another 7,500 had streamed into Italy — numbers that weren't reached last year until June. MANU BRABO/THE ASSOCIATED PRESS

CALAIS

Mass evictions ordered
The clock is ticking for hundreds of migrants in the city of Calais waiting for a judge to decide whether to postpone an eviction order. The court ruling on the question says that the decision could come on Thursday, two days after the deadline expired for the state-ordered mass evictions. Authorities say the order concerns 800 to 1,000 migrants.
THE ASSOCIATED PRESS

GERMANY

Trio convicted of theft
Two men were convicted of theft and given suspended sentences in the first trials for New Year's Eve crimes in the German city of Cologne. A third suspect was convicted under juvenile law and put on probation.

The spate of thefts and assaults on women near Cologne's main station, blamed largely on foreigners, caused public uproar as Germany faces a huge influx of migrants.
THE ASSOCIATED PRESS

U.S. CONGRESS

Speaker takes steps to stop closure of Guantanamo

The leader of the House of Representatives, Speaker Paul Ryan, said Wednesday Republicans are taking legal steps to stop President Barack Obama from closing the U.S. prison at Guantanamo Bay, Cuba, a day after the president unveiled his plan to shutter the facility and move terror suspects to the United States.

Ryan told reporters that lawmakers have the votes to block Obama's plan in Congress and enough votes to override any veto. Separately, the Republican leader said his party is "preparing our legal challenge" to ensure the prison remains open and detainees aren't moved to the U.S.

Earlier this month, House Republicans awarded the Jones Day law firm with a $150,000 contract to perform the legal work in case Obama tries to move Guantanamo detainees to federal prisons.

"These detainees cannot come to American soil," Ryan said.

Obama has pushed to fulfil a 2008 campaign promise and close Guantanamo, arguing that the facility is a recruitment tool for terrorism worldwide and opposed by some allies. The president has faced strong opposition in Congress, where Republicans and some Democrats maintain there is no alternative and argue they don't want these terror suspects transferred to U.S. prisons, even maximum security facilities.
THE ASSOCIATED PRESS

> **These detainees cannot come to American soil.**
> Paul Ryan

Dawn arrives at the now closed Camp X-Ray at Guantanamo Bay Naval Base. THE ASSOCIATED PRESS FILE

Express yourself

Facebook's emoji update covers your 'likes,' 'loves' and every emotion in between

It was bound to happen. The trusted "Like" thumbs up is no longer cutting it. After testing five new reactions with Facebook users in Ireland, Spain, Chile, Portugal, the Philippines and Japan for, well, their reactions, Facebook is now rolling out the expanded emotions globally.

The social-media network chose to offer more nuanced reactions — "love," "haha," "wow," "sad" and "angry" — alongside "like" — to give users "greater control over their expressivity," says Julie Zhuo, Facebook's product design director.

Facebook went through comments on friends' posts, as well as emoji-like stickers people were using. It chose the most common ones and tested those. They considered dozens of reactions — but offering them all would have been confusing. Think of having to flip through pages and pages of emojis: Do you want one wink, a tear, a full frown or a half frown?

Facebook ultimately chose these six reactions for their universal appeal — something that could be understood around the world. Even a generic happy face "was a little bit ambiguous and harder for people to understand," Zhuo says.

Each reaction comes with an animated emoji, such as the thumbs up for "like" and a heart for "love." These emojis will look the same around the world, but phrases such as "love" will be translated.

Torstar News Service tested out a few run-of-the-mill Facebook posts and how reactions can evolve.

1 Sad

The situation: Your friend says his beloved cat has died.

Old school: It would be strange to "Like" that post. You want to offer your support, but a comment is the only means to do so. You should text him, too, by the way.

New school: Click the "Sad" icon and add a comment with your condolences if you were particularly close with the departed. You should still text your friend, by the way.

2 Wow

The situation: Your sibling posts some adorable photo of your niece's birthday.

Old school: You "Like" the post, but deep inside you know it's an inadequate reflection of your joy. Man, she is so cute.

New school: Click the celebratory "wow" icon (as in, "Wow, she is so cute!") and take solace in knowing that Facebook really nailed it this time. The "Love" emoji would also be appropriate here.

3 Anger

The situation: A friend delivers an award-winning rant about a terrible public transit commute (I mean, two short turns while packed in like sardines is pretty bad).

Old school: Show your solidarity with a comment relaying that no one deserves that cruel start to the day.

New school: Use the "Angry" emoji to succinctly convey all your rage with one squished-up red, angry face. TORSTAR NEWS SERVICE AND THE ASSOCIATED PRESS

IN BRIEF

Beijing overtakes N.Y.C. as home to most billionaires

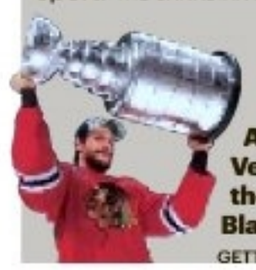
Move over, New York City: Beijing is the new "Billionaire Capital of the World." THE ASSOCIATED PRESS

Farmers call for more seasonal workers

Agriculture groups want the federal government to allow more producers to hire foreign seasonal employees to work on farms. THE CANADIAN PRESS

Looming playoff drought for Canada's teams could be a 'massive hit' to Rogers

For the first time in more than 40 years, the Stanley Cup playoffs may lack a Canadian team this season. Rogers Media's coffers could suffer at the hands of the teams' lacklustre performances three years after the company invested in the sport. THE CANADIAN PRESS



Antoine Vermette of the Chicago Blackhawks. GETTY IMAGES

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metro VIEWS
Your essential daily news
Thursday, February 25, 2016

CHANTAL HÉBERT: ON THE QUEST FOR AN OPPOSITION LEADER

There are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.... History suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

Depending on the day of the week, there are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.

Should they all enter the race to succeed Stephen Harper, this could make next year's Conservative leadership vote the most unpredictable federal contest in a decade.

Past history suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

There were eight candidates on the ballot when Stéphane Dion won the Liberal leadership in 2006. Another four had withdrawn prior to the vote.

Over on the Conservative side, Joe Clark beat 10 rivals for the Tory leadership in 1976.

Neither contest featured a consensual front-runner. Nor, at this early stage, does the campaign to succeed Harper. In contrast with the last Liberal leadership campaign, there is no heir-apparent to the Conservative throne.

But there are crown princes in the wings.

Two of the leading candidates, whose names are circulating, have the potential — should they both run — to turn the campaign into a succession battle between the Tory and the Reform branches of the Conservative family.

The first is Peter MacKay, the former leader of the Progressive Conservative party. Based on a January poll, he is the popular choice of Conservative sympathizers, with support spread pretty evenly across the country.

But it is far from certain he wants the job, at least at this juncture. MacKay retired from politics to spend more time with his young family a few months before the election. He has just joined a Toronto law firm. He could decide to take a pass on this campaign, thinking there will be another opportunity to run later on.

It is a rare federal party that does not earn a second mandate in government. At a minimum, the Conservatives could be looking at almost a decade in opposition. Over a similar period of time, the Liberals disposed of two leaders before Justin Trudeau led them back to office.

Former defence minister Jason Kenney is also said to be mulling his options. His polling numbers are not as impressive as MacKay's, especially in Central Canada, but those results underestimate his actual strength among the Conservatives members who will vote in the leadership election.

As the top social conservative in the last cabinet, Kenney has strong connections to the religious right. And his ethnic outreach on behalf of the party has allowed him to build networks within many cultural communities. But while the Conservative party may be ready to elect a social conservative as its leader, the country may not be so disposed.

The second tier consists of a gaggle of former federal ministers, none of whom could be described as a national household name. Of course, that was also true of Harper when he became leader and he still beat Paul Martin, albeit only on his second attempt.

Doug Ford — of Toronto municipal fame — and businessman/TV personality Kevin O'Leary complete the list. Neither speaks French fluently nor has any federal experience. Both enjoy as much or more name recognition than most outgoing Harper ministers.

But if that were a major asset, former hockey star Ken Dryden would not have finished a distant runner-up in the 2006 Liberal leadership campaign. He used to top the notoriety charts.

Most of the would-be leadership candidates will be working the corridors of this weekend's Manning Centre Conference in Ottawa, making it a warm-up session for a marathon race that will stretch well into the first half of next year.

Former ministers Tony Clement and Maxime Bernier, MP Michael Chong and O'Leary will all be hosting so-called meet-and-greet sessions. Kenney, Lisa Raitt and Kelly Leitch are among the former cabinet members expected at the conference. So are ex-MPs Brian Jean and Patrick Brown, who lead the official opposition in Edmonton and at Queen's Park, respectively. By any other name, this could be a class reunion for Harper alumni.

The state of Canada's conservative movement is the overriding theme of the conference. The fact that this year's gathering of the clans that make up the Canadian right is bringing together a record number of people who toil in provincial and federal opposition tells that story.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Cereal's serious decline

You would think millennials would have a bit of nostalgia for the cereals they slurped while watching Saturday morning cartoons, but they're ditching this beloved "part of a complete breakfast." Grains and milk have gotten a bad rap with some, but cereal's slide is society-wide: U.S. sales have fallen 30 per cent in the past 15 years. Instead, protein is popular: Think breakfast sandwiches and Greek yogurt. While half of Baby Boomers told research firm Mintel they were still regularly waking up to their favourite cereals from childhood, millennials tend to eat cereal as a snack, if at all. Many are skipping the most important meal of the day entirely. But those who do nosh in the morning complain cereal is not good on the go, and — as 40 per cent of Gen Y respondents complained — it requires a bowl you have to wash. SOURCE: THE WASHINGTON POST

ROSEMARY WESTWOOD

metroview

Science says what all pet people know: Animals have empathy

Growing up, our first dog, Murphy (a.k.a. Murphy Brown) had her own seat on the couch.

Most friends didn't mind if, while they were sitting in the far left corner watching Saved by the Bell and shovelling down Kraft Dinner, Murphy happened to plod along to the edge of the cushion and look up expectantly, like "Time to hit the road."

"Oh, that's Murphy's seat!" I'd say, and motion for them to relocate to the wooden rocking chair (don't scoff — it had cushions).

A few friends did mind, but I chocked it up to their ignorance. They didn't understand that Murphy was like us humans.

For decades, maybe forever, we pet owners have — irrespective of science — believed in the human qualities of our pets.

Their ability to feel joy and pain, to relate to our emotions, to comfort us by licking our tears, to love us and feel guilty for eating the garbage.

These days, we should be feeling pretty vindicated.

In two recent compendiums of the latest research, New York magazine suggested "Maybe it's time to take animal feeling seriously," while The Atlantic extolled the empathy displayed by "consoling voles."

"It seems illogical for us to think that animals might not be having a conscious mental experience of play, sleep, fear or love," scientist Carl Safina said in an interview last summer after the publication of his book Beyond Words: What Animals Think and Feel sparked debate. "It is incredible to me there is still a debate over whether animals are conscious and even a debate over whether human beings can know animals are conscious."

No, the scientific community isn't wandering around with purse pooches, telling their friends that fluffy-but-frightening Gigi has the best taste in shoes. But neither is there a blanket scientific aversion to acknowledging the human-like traits of non-humans.

Take the case of voles, mouse-like creatures who, during a recent study, sought to comfort their loved ones when they got electric shocks. It's worth looking up just for the photo of one vole putting its little paw on the back of this other, curled-up vole, who's looking rather downcast. "All will be well," the first vole is saying.

This, coming from a lowly vole, who can't even claim the human-likeness of a gorilla, the social complexity of an elephant, the intelligence of a dolphin or even of a crow.

Yet here they are, according to science: just little brown puffs of love. Or empathy, or something at least that looks like human empathy.

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Your essential daily news

Adele triumphs at the Brit Awards, winning four trophies

Walk a mile in Roldan's boots

FASHION

International model talks diversity, pay gap and regrets

Nichole Jankowski
Metro | Canada

The fashion industry is famous for being fickle, lambasted for its impossible standards of beauty, and oft criticized for its lack of diversity. And so it's notable that Paolo Roldan — born in Quezon City, Philippines, who moved to Canada as a kid, and worked building circuit boards with his brother at a factory in Mississauga when he was young — was discovered not once, but three times.

The first time was in 2005 by renown modelling agent Elmer Olsen. "I was on my way into Hazelton Lanes on a Sunday," recalls Olsen in conversation with Metro. Roldan was working at popular Toronto boutique TNT at the time. "I walked in and saw him and went 'wow.'"

Olsen was quick to sign the 6'2" former basketball player.

"I never really took it seriously," admits Roldan, who was focused on his job. He remembers Olsen calling him for castings. "Sometimes I wouldn't even go."

In 2009, Roldan was in New York on a buying trip for the menswear boutique Nomad when David Bosman, founder of Boss Models, spotted him.

The third time came on the last day of his Fall Winter 2010 go-sees: Riccardo Tisci, creative director of Givenchy, personally cast him to walk exclusively for the house that season.

Sitting in a café on Toronto's Ossington strip, just a week after closing Todd Snyder's FW16 show, Roldan, 38, is recalling those early days. Asked if he's had any regrets, one came to mind.

"I don't want to say I wish I never did it," says the soft-spoken Roldan, referring to a nude shot by Mert Alas and Marcus Piggott that ran in French Vogue and cemented his status in the rapidly expanding men's fashion industry.

> **People love it because I represent them.**
> @juanpaoloroldan

With each passing season it seems another men's week is added to the calendar: Florence, Paris, London and New York — even Toronto has TOM, running this week through March 1.

The hectic show schedule keeps Roldan busy, but during his downtime he's been working on his own designs. Roldan hints at a capsule collection.

"I can't say now because I don't like jinxing myself," says the business-minded Roldan, who sees the industry perhaps all the more clearly because he understands the dollars and cents of it. This clarity extends to the ramped up show schedule (globally, sales of menswear have had double-digit growth for more than five years), diversity on the runway, and a pay gap that sees even mid-level female models earning an average of 148 per cent more than men.

"There's more buying power on the women's side," says Roldan, matter-of-factly. "I tell this to all the young guys — it's because the women buy more."

And when it comes to diversity, he views the industry's moves towards inclusiveness as little more than designers trying to expand their consumer base.

"For the most part it's business, and it's cool because it puts me to work," says Roldan.

Despite all his international success, Roldan is happy to call Toronto home. "All my family is here," says Roldan without hesitation. As our interview wraps, he asks when the article will be published — so his mom can pick up a copy.

HOW TO WET SHINE BOOTS

Vogue.com recently named Roldan their latest street style obsession, noting that "his boots are a particular point of fixation" for fans. To keep his boots looking their best, Roldan uses a wet (or spit) shine technique, which he shares here with Metro readers.

Directions

1. Clean off dirt using a boot brush. Wipe boots down with damp rag. Dry.
2. Apply a base coat of polish with a boot brush. Using a polishing cloth and small circular motions, go over the entire boot, adding more polish. Continue rubbing in using the same circular motions until the polish begins to smooth.
3. Take a spray bottle and mist the boot with water. Continue applying polish using the same cloth and technique. The boot will begin to get shiny.
4. Spray with water and buff.

Paolo Roldan is ranked among the sexiest men on models.com. PAOLO AZARRAGA/CLIENT MAGAZINE

Luxe and shimmer

London Fashion Week rolled out a hectic catwalk schedule on Monday that included Erdem and Burberry

THE ASSOCIATED PRESS

ERDEM FADED GOLDEN AGE GLAMOUR

Canadian designer Erdem Moralioglu's new collection is all about early 20th century glamour tinged with sadness, as if he were reflecting on screen divas trapped in old sepia photos.

As soon as guests arrive they are greeted with a dimmed stage suggesting a crumbled grand period mansion, complete with art deco lights, chandeliers, ornate columns and overturned chairs.

Models wore ankle-length slim gowns in a mostly-gloomy palette of black, navy and burgundy, adorned by myriad ruffles, shimmering brocade flowers and the intricate embroidery that the designer is famous for.

Standout looks included a gunmetal grey sequined gown with matching cape.

Last year, Sophie Grégoire-Trudeau wore an Erdem dress to Prime Minister Justin Trudeau's swearing-ceremony.

BURBERRY TARTAN, PATCHWORK, SEQUINS

Design wizard Christopher Bailey has once more found new ways to reimagine Burberry's traditional strengths, transforming the trademark trench coat style into a variety of sparkly metallic looks that were anything but military in tone.

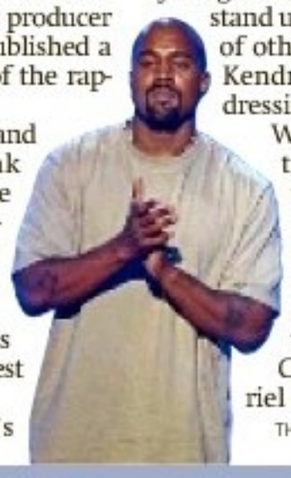
There were military coats but they were made of cashmere — trench coats, cape coats, tunics and regimental jackets, some in military blue with red piping, but the looks were feminine, not severe. The collection mixes motifs, often in one outfit: a military style tunic and cape worn over a beautifully made flapper dress that would have served well in a Chicago speakeasy.

Most impressive were some of the colourful sequined tops that shimmered with a metallic sheen on the catwalk and the patchwork skirted mini-dresses, some in floral patterns.

ALL PHOTOS: GETTY IMAGES

MUSIC

Kanye takes aim at Canuck producer



Kanye West is firing back at veteran Canadian music producer Bob Ezrin after he published a scathing takedown of the rapper's career.

The Juno winner, and co-producer of Pink Floyd's classic "The Wall," wrote an extensive blog post about the outspoken performer, saying that he doesn't think West's music will stand the test of time.

Ezrin says West's lyrics get a lot of hype but don't stand up against the work of others like N.W.A. or Kendrick Lamar on addressing social issues.

West responded to Ezrin on Twitter, questioning whether anyone has heard of the 66-year-old producer, who has also worked with Alice Cooper, Peter Gabriel and Lou Reed.

THE CANADIAN PRESS

MUSIC BRIEFS

Cranberries singer fined

The lead singer of the Irish rock band The Cranberries has been fined $6,600 for an air-rage incident on a flight from New York to Ireland. Dolores O'Riordan avoided a criminal conviction Wednesday.

The 44-year-old had pleaded guilty in December to assaulting three policemen and a flight attendant during an alleged psychotic episode last year. She was arrested at Shannon Airport in Ireland after the flight in November 2014. Police said she spat in their faces, head-butted one and kicked the others.

Medical records given to the court indicated she was mentally ill at the time of the altercation. As she was leaving the courtroom O'Riordan urged other people suffering mental illness to seek help.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Where the wild things are

THE SHOW: The Nature of Things, Wolverine: Ghost of the Northern Forest (CBC)
THE MOMENT: The Carcass

In the dead of winter in northern Alberta, nature photographer Andrew Manske has been living for 21 days straight in a tiny blind, peeing into bottles to hide his scent, hoping to capture images of wolverines in the wild.

PHOTO FIRSTS
Nature photographer Andrew Manske scores his greatest coup: the first images of a female wolverine with her kits

Aggressive, vicious, nocturnal, wolverines are so elusive that, when Manske finally gets a glimpse of them, he posits that his is the first footage of wild ones in North America.

He gets it by staking out the carcass of a deer killed by wolves.

Night after night, wolverines come out to snack, padding on paws as wide as snowshoes. Later, aided by a University of Alberta team who are tagging and tracking wolverines, Manske scores his greatest coup: the first images of a female wolverine with her kits.

Here's the thing about nature docs.

Not only do you learn the stuff they want you to learn — I now know that pound for pound, a wolverine's bite force is stronger than any other land mammal — your mind is always blown by something.

And you never know what that thing will be.

With this one, it began by witnessing how many animals can live off one carcass, and for how long.

Wolverines, wolves, ravens, and lynx all chow down, with a clear hierarchy as to who eats when.

That got me thinking about animals and winter in general.

Do they sigh when it snows? Do they long for spring? Do they even have thoughts?

What is a thought, without words?

And, poof. Mind blown.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

You learn fascinating things from nature docs, like that pound for pound, a wolverine's bite force is stronger than any other land mammal. CONTRIBUTED

OPEN HOUSE - DEMO DAY

Monday February 29, 2016
9:00am-7:00pm

At Nepean Hearing we have been helping people overcome their hearing loss through expertise and knowledge for over 16 years. If you have questions about your hearing, that of a loved one or simply want to know what's new in hearing technology we welcome you to join us on February 29th. We have Chris Hoey from Siemens to demonstrate the latest on the market, book your appointment today!

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SIEMENS

NEW BOOK

Kate Hudson is Pretty Happy

As Kate Hudson establishes her own lifestyles empire with a line of athletic wear and a new book, she feels a camaraderie, not competition, with other actors who've made a similar move.

The Oscar-nominated star's new book, Pretty Happy: Healthy Ways to Love Your Body, comes after Cameron Diaz's The Body Book and Gwyneth Paltrow's weekly lifestyle publication Goop.

Then there's Jessica Alba's Honest Company and Blake Lively's now-defunct website Preserve, to name but a few.

"The truth is, most of the girls you just talked about are literally my girlfriends," Hudson, who also has her Fabletics line of sportswear, said in a recent phone interview.

"It's almost like we're like mom buddies and we get excited about talking about these things. None of them is better than the next one. We're all in it together."

Hudson said she feels "any woman's success is your success, for women."

"So when I see my friends succeed or put a positive message out there, like Jessica and like Gwyneth, it's amazing," said the 36-year-old, who has two sons.

"I'm so proud to be friends with them. To see women succeed and have that kind of success in their life should be absolutely celebrated — absolutely celebrated — in this day and age."

Kate Hudson has a line of athletic wear and now a new book outlining what she calls her 'four pillars of health'. GETTY IMAGES

Pretty Happy is structured around what Hudson calls her "four pillars of health," explaining everything from mindfulness to the benefits of an alkaline diet and Ayurvedic medicine.

Hudson said she wrote the book, in part, because she was frustrated after constantly being asked in interviews what her secrets are to looking so great and not being able to fully explain in a sound bite.

"Everybody always asks me that question: 'What do you do to balance, how do you do this and how do you do that?' and I always feel so weird talking about myself, because I'm aware and I know that that's just not going to work for everybody," said the Los Angeles native.

"Instead of it being all these magazines that I get interviewed in and I answer a question and then it gets taken out of context, I really want to put what my philosophy is out there for those who care to read it.

"And then I feel like I don't have to keep saying: 'No, that's not what I meant. No, I don't work out 2 1/2 hours a day. That's impossible. No, I don't eat only vegan.'" THE CANADIAN PRESS

Queen of Metal tells all with T.O. blogger's help

MEMOIR

Lita Ford on clawing her way to the top of music world

Sue Carter
For Metro Canada

Lita Ford was only 16 years old in 1975 when she auditioned for a new act called the Runaways, described by its notorious manager Kim Fowley as "an all-girl teenage band of rebellious jailbait 'rock-and-roll bitches.'" Shortly before the audition and meeting bandmate Joan Jett for the first time, Ford had been attacked by gang members in an Arby's parking lot following an exchange of words. She showed up to perform with a blood-red eye and bruised face, and although Ford normally wasn't one to throw punches, her tough, street-fighting reputation was born.

Since then, Ford has been known as a fighter, a label she dismisses as myth. Now, after 40 years in the music business as a pioneering female guitarist, she's decided to set the record straight with Living Like a Runaway: a Memoir, published by HarperCollins. The book is a candid, at times painfully honest tour through her personal life and musical career as the "Queen of Metal."

Ford did have to fight to be taken seriously as a musician, which is one reason why the former Grammy nominee always wanted to write a book. "I started in the music industry as a young girl, not a woman. I wasn't the lead singer, I was the lead guitarist," she says. "I wanted to talk about all the hurdles I had to jump through in a man's world, to try to claw and scrape my way to the top when I just kept getting pushed down."

She spent last summer writing furiously — "I don't even think I took my robe off," Ford says — but was having no luck finding a co-writer with whom she gelled. One she describes as a chauvinist; the other, clueless about music. Then she received fan-mail from Toronto music blogger Martina Fasano. "It was the most incredible fan letter I had ever read. It really touched my heart," says Ford. The letter led to a text, then a phone call, and finally a meeting. Ford asked Fasano to help her out with a paragraph she was struggling with, which eventually led to the two collaborating on the manuscript. "She was a godsend, that little Italian rocker," says Ford.

> **She was a godsend, that little Italian rocker**
> Lita Ford says of Toronto music blogger Marina Fasono, her memoir collaborator

Although sex and drugs are requisite material for rock memoirs, it's rare for women musicians to reveal as much as the lads. Ford is open about her relationships with rockers like Jon Bon Jovi, Eddie Van Halen, and Mötley Crüe's Nikki Sixx, and the copious amounts of drugs on the scene. She writes about physical abuse she allegedly experienced from her ex-fiancé, Black Sabbath guitarist Tony Iommi, and the horrific conclusion to her second marriage, which ended with Ford becoming estranged from her two sons. Now that the book is out in the world, Ford has no regrets about being so open. "I didn't leave much out," she says. "I wanted people to know my life story, and the people who were in my life that I got to be with, and hang with musically, sexually, and just as friends. I had a lot to say."

Sue Carter is the editor at Quill & Quire magazine.

Lita Ford wants people to know her life story. GETTY IMAGES

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MEET THE CONDO

Homes Infused with convenience

INFUSION TERRACE HOMES AT CHAPMAN MILLS

CONTRIBUTED

Project overview

The second phase of Infusion Terrace Homes is now available in Minto's Chapman Mills development in Barrhaven. The site employs efficient land-use, with back-to-back units that allow for 12 units within a block — double what a typical townhome setup would accommodate. These condo-style townhomes offer four designs for buyers to choose from.

Housing amenities

The homes include a condo fee for exterior maintenance so residents have one less thing to worry about. Each unit comes with one parking spot and three stainless steel appliances in the kitchen: a fridge, dishwasher and stove. The homes have a distinct, modern look with straight lines, outer-brick finishes, large windows and a spacious balcony.

Location and transit

The Chapman Mills development is located right near Strandherd. The area has plenty of options for commuters, such as bus routes and the Fallowfield train station. The site is close to most everyday amenities, schools, restaurants, banks, shopping and sports complexes. Multiple parks, a movie theatre and a golf course are also nearby.

In the neighbourhood

Barrhaven is a fast-growing, low-crime suburban community where almost everything you need is within arm's reach. Plus, it's an easy distance from the rest of Ottawa. Chapman Mills itself offers a pleasant neighbourhood with low-use residential roads and landscaped traffic circles.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: Infusion Terrace Homes at Chapman Mills
Builder and designer: Minto
Designer: Minto
Location: Longfields Drive and Chapman Hills Drive
Building: Two-storey townhomes
Sizes: From 1,028 square feet to 1,140 sq. ft.
Pricing: Starting at $189,900
Models: Two bedrooms, 1.5 bathrooms and one parking spot included
Status: Now selling
Occupancy: September 2016
Sales centre: 4005 Strandherd Dr.
Phone: 613-823-1900
Website: minto.com

STOCKHOLM FURNITURE & LIGHT FAIR

Ung Svensk Form, and other highlights

As a region that's world-renowned for its design talent, Scandinavia recently celebrated the art of home interiors in Sweden's capital with the Stockholm Furniture & Light Fair. Here's a look at some of the highlights from this year's event.

Guests of honour

Every year the Stockholm Furniture & Light Fair picks a designer as its guest of honor. For this edition, the British design studio Barber & Osgerby was selected to showcase its work at the event, creating a lounge in the entrance hall to the Stockholmsmässan congress center where the fair is held.

Young, up-and-coming designers got a chance to show off their talent in a space called the Greenhouse, designed by the studio Form Us With Love. This area also hosted the Ung Svensk Form (Young Swedish Design) exhibition.

Another must-see at the 2016 event was the Aurora Exhibition — Nordic Architecture and Design showcase.

This theme was also picked up in the Stockholm Design Talks, with discussions and lectures from internationally renowned guests such as British designer Tom Dixon.

Blown glass and tartan

New products on show at the fair included a selection of blown-glass objects from Foscarini. These included the Caiigo ceiling light by Marco Zito, evoking the morning mist in Venice.

Tartan proved another source of inspiration, with a ceiling light named after the crisscross pattern designed by Ludovica and Roberto Palomba. Plus, as part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light with a white diffuser.

Magis expanded its Officina collection with new chairs from the Bouroullec brothers, using the same wrought ironwork seen in other pieces in the range.

Danish design store By Lassen, Copenhagen presented a nickel version of the Kubus candleholder created in 1962 by Mogens Lassen, a key figure in Danish functionalism.

French designer Inga Sempé presented the w103f lamp designed for Wästberg, featuring modular elements for different configurations.

AFP

40,000

The Stockholm Furniture & Light Fair attracts 40,000 visitors and 6,000 foreign buyers, architects, designers and journalists from more than 60 countries.

As part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light at this year's Stockholm Furniture & Light Fair. HANDOUT

metro SPORTS

Denver coach Gary Kubiak says he's been in contact with Peyton Manning but isn't pressuring him for a decision about his future

The curious case of the Blue Jays centre-fielder

MLB

Pillar strives to be like a baby in his training regimen

Kevin Pillar didn't like the way his body was moving through workouts when he first reported to the Toronto Blue Jays camp last month.

So he changed his whole routine with one goal in mind — be more like a baby.

"It kind of sounds weird unless you see it happen, but my focus is really to try to move like an infant child," the Toronto centre-fielder said before Wednesday morning workouts at Florida Auto Exchange Stadium.

"They do a lot of things right: they know how to properly roll over, they don't allow their big muscles to dominate their bodies."

Pillar's new routine, which emphasizes flexibility and mobility through rolling and stretching, is aimed at targeting the body's smaller muscles. The results are already beginning to show.

"The big thing I've noticed is I wake up in the morning and I feel better," he said. "I'm not as sore as I used to be."

Pillar, who played 159 games last season, estimated he felt "below average" physically for about half of them.

Part of that had to do with the way he plays in the outfield — with reckless abandon. He runs at top speed to track balls, dives through the air to catch them and lands hard on the artificial turf-covered concrete of the Rogers Centre.

The highlight-reel catches that punctuated Pillar's 2015 season may not be as prevalent this year.

"With improved mobility and quickness hopefully I don't have to dive as much," he said. "But when I do dive, hopefully I'll be able to bounce back quicker than I did last year.

"I'll be less sore; I'll recover a little bit quicker. Those are my main focuses."
Kevin Pillar

"It'll be easier to get up from. I'll be less sore, I'll recover a little bit quicker. Those are my main focuses."

While position players don't have to officially report until Thursday, Pillar has been here since Jan. 20 — three days after purchasing and moving into his first home with his wife, Amanda, in Thousand Oaks, Calif.

Pillar, second baseman Ryan Goins and first baseman Chris Colabello have all been working out together at the Jays facility along with all-star slugger Jose Bautista.

"The off-season is fun to get away but after a while you miss that camaraderie," Pillar said. "We really just want to build on what we started last year. It's fun to see your friends and family at home and get away from the game but you miss that aspect of competition and brotherhood and friendship.

"For guys like me, Goins and Colabello, last season was really our first full season and we just want to push each other to be better this year."

Pillar, who had to battle for a starting outfield job last spring, finished the season with a .278 batting average, 12 home runs and 56 RBIs. But he cemented himself as the team's centre-fielder with his strong defence.

Now that he's virtually assured a spot on the big-league roster, Pillar's focus has changed.

"As much as I want to say it won't change, I think it does a little bit," he said. "I've never been in a position where I've had job security so I don't like to look at it like that. But at the same time I understand where I stand with the team now.

"I'm still going to go out and compete but in the back of my mind I understand that I'm playing for something bigger than a job. I'm playing for the whole regular season and to help the team win."

Toronto manager John Gibbons believes Pillar can only get better with a full major-league season under his belt.

"Kevin came into his own last year, did a tremendous job," Gibbons said. "The year before he was up and down a little bit, trying to establish himself and last year he did it.

"Now he thinks he belongs, he feels he belongs and he does." THE CANADIAN PRESS

Trout aims to reel in more stolen bases

Mike Trout wants to take a swipe at something else this season — stealing bases, the way he once did.

The Los Angeles Angels' do-everything star got off to a fast start in his 2012 AL Rookie of the Year season with 49 steals. His totals have gone down every year since, from 33 in 40 tries in 2013, to 16 and then just 11 last year while being caught seven times.

"It's definitely one of the personal goals I want to get back to," Trout said Wednesday. "Just getting my confidence back. The last couple years my confidence has been down, not getting good jumps, not getting good reads, just getting back to the way I used to be. I'm just trying to get on second base so Albert can drive me in."

He gets feedback about what Pujols wants from Trout as a runner when the slugger is in the batter's box and said, "We're on the same page, for sure."

41

To go with his 11 stolen bases, Trout batted .299 with a career-best 41 homers and 90 RBIs in 2015.

Before taking the field for Los Angeles' first full-squad workout at Tempe Diablo Stadium, the 24-year-old Trout said he plans to work before and after practice with the coaches on stealing. Former Brewers manager Ron Roenicke will be involved with the effort given his expertise in the running game.

"A lot of it comes down really on Mike's evolution and getting that confidence back," manager Mike Scioscia said. "Mike has a lot on his plate, he does so many things well. He does have the ability to steal bases. He's shown that. Hopefully he's going to be more comfortable with getting his jumps. We feel he will be. It's part of what he can bring. We're not going to put a number on it, but I think he has more potential in that one area."

Whatever Trout accomplishes with his running along with everything else he does on the diamond, his top priority is leading the Angels back to the playoffs.

The Angels finished third in the AL West at 85-77 and missed the playoffs for the fifth time in six seasons.

"Clean slate. Obviously we didn't reach our goals last year and our goal this year is obviously to get to the playoffs. Day One starts today," Trout said. THE ASSOCIATED PRESS

After stealing 49 bases in his rookie year, Mike Trout has had his totals go down each season. GETTY IMAGES

IN BRIEF

Rockies adjust to spring training without Reyes

The Colorado Rockies have had some of the uncertainty surrounding Jose Reyes' status resolved, at least for spring training.

The four-time all-star shortstop has been placed on paid leave under Major League Baseball's new domestic violence policy pending the outcome of criminal proceedings.

"It helps to have some direction," Rockies manager Walt Weiss said Wednesday, "but I don't think we're going to be surprised by anything throughout the process." THE ASSOCIATED PRESS

Habs apologize for racial slurs on their Twitter feed

The Montreal Canadiens have apologized after tweets containing racial slurs ended up on their Twitter feed Tuesday night.

To thank fans for reaching one million Twitter followers, the NHL team encouraged users to reply to a tweet with the hashtag #CanadiensMTL1M, and they would then receive a surprise. Users responded with racial slurs, others vile comments. THE CANADIAN PRESS

Baby Sens fall to Marlies

William Nylander and Zach Hyman scored first-period goals to carry the Toronto Marlies to a 3-1 win over the Binghamton Senators in AHL action Wednesday afternoon.

Sam Carrick added an empty-net goal for Toronto while Travis Ewanyk had the lone goal for Binghamton. THE CANADIAN PRESS

Tiger 'progressing nicely' following back surgeries

Tiger Woods posted a video of him swinging a 9-iron in a golf simulator on Wednesday to shoot down rumours on social media that suggested his recovery from back surgeries had worsened to the point he could not even sit in a chair.

The 13-second video was posted on Twitter. "Progressing nicely," Woods wrote. THE ASSOCIATED PRESS

UFC 196

McGregor, Diaz trade insults ahead of bout

Conor McGregor, left, and Nate Diaz, right, after a news conference on Wednesday. KEVORK DJANSEZIAN/GETTY IMAGES

When the UFC put two of its most prodigious trash-talkers on the same podium to discuss their hastily arranged bout, the resulting display of promotional fireworks didn't disappoint.

Conor McGregor's verbal sparring with Nate Diaz might even make the new main event of UFC 196 bigger than the original matchup. McGregor is the UFC's featherweight champion, and the loquacious Irishman had hoped to win the lightweight belt simultaneously on March 5 before Rafael Dos Anjos pulled out of their bout Tuesday with a foot injury.

McGregor referred to Dos Anjos' injury as "a bruise" and wondered why he didn't just take ibuprofen. McGregor then asserted Diaz is an unskilled brawler. As for Diaz, he started off by flatly asserting McGregor — and everyone in the UFC — is on steroids, infuriating the champ.

THE ASSOCIATED PRESS

Manchester City's David Silva puts his side up 2-0 on Wednesday in Kiev. EFREM LUKATSKY/THE ASSOCIATED PRESS

Kyiv fail to contain City

CHAMPIONS LEAGUE

Aguero stars in stylish display which yields 3 away goals

Sergio Aguero scored one goal and helped create another as Manchester City powered to a 3-1 first-leg win over Dynamo Kyiv in the last 16 of the Champions League on Wednesday.

Aguero and David Silva's goals gave City a 2-0 cushion at the break before Vitaliy Buyalskiy pulled one back for Dynamo and Yaya Toure secured a valuable third away goal for City. "It is not finished but playing away and having a two-goal lead is very good," City coach Manuel Pellegrini said. "When it was 2-1 we had moments of doubt, but then we got the third goal."

> **It is not finished but playing away and having a two-goal lead is very good.**
> Manuel Pellegrini

Facing a Ukrainian team which had not played competitively since December, Aguero took full advantage of poor Dynamo defending at a corner to score his 15th-minute opener with a simple finish after being left unmarked.

Aguero has now scored eight goals in City's last nine games and 16 in his last 17 Champions League starts. The Argentine also helped to set up City's second, feeding Raheem Sterling with a backheel on the edge of the box. Sterling then crossed low for Silva to score at the far post just before halftime.

Dynamo shook off some of the rust in the second half and struck back in the 59th minute through Buyalskiy, whose shot from 20 yards (18 metres) deflected in off Nicolas Otamendi. That marked the 10th Champions League game in a row in which City has conceded at least one goal. Toure, who had earlier set up Aguero with a header for the opener, restored City's two-goal cushion with a curling shot in the 90th minute, leaving Dynamo's 41-year-old goalkeeper Oleksandr Shovkovskiy helpless.

In Wednesday's other game, 10-man PSV Eindhoven held on for a 0-0 draw with Atletico Madrid. THE ASSOCIATED PRESS

IN BRIEF

FIFA votes on reforms to protect U.S.'s victim status

Electing a new president to replace Sepp Batter might be the second most important vote FIFA takes on Friday.

Hours earlier, leaders of the 209 member federations can approve reforms designed to end a culture of corruption in world soccer that has been laid bare by American and Swiss federal prosecutors.

FIFA legal advisers also badly want a "yes" vote to help save its status as a victim of corruption in the eyes of the U.S. Department of Justice.

THE ASSOCIATED PRESS

RECIPE Spinach and Sundried Tomato Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't be fooled by the simplicity of this pasta recipe, it delivers incredibly deep and complex flavours out of the tiny time it demands of you. Which may explain our addiction to it.

Ready in
Prep time: 5 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 500 g penne pasta
- 4 cups baby spinach or arugula
- 1/4 cup sundried tomatoes, diced (not packed in oil)
- 1/4 cup olive oil
- 1 large clove garlic
- 1 tsp umami paste
- 1/2 cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), thinly sliced

Directions

1. Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sundried tomatoes into the water. Reserve 1 cup of cooking water then drain pasta.

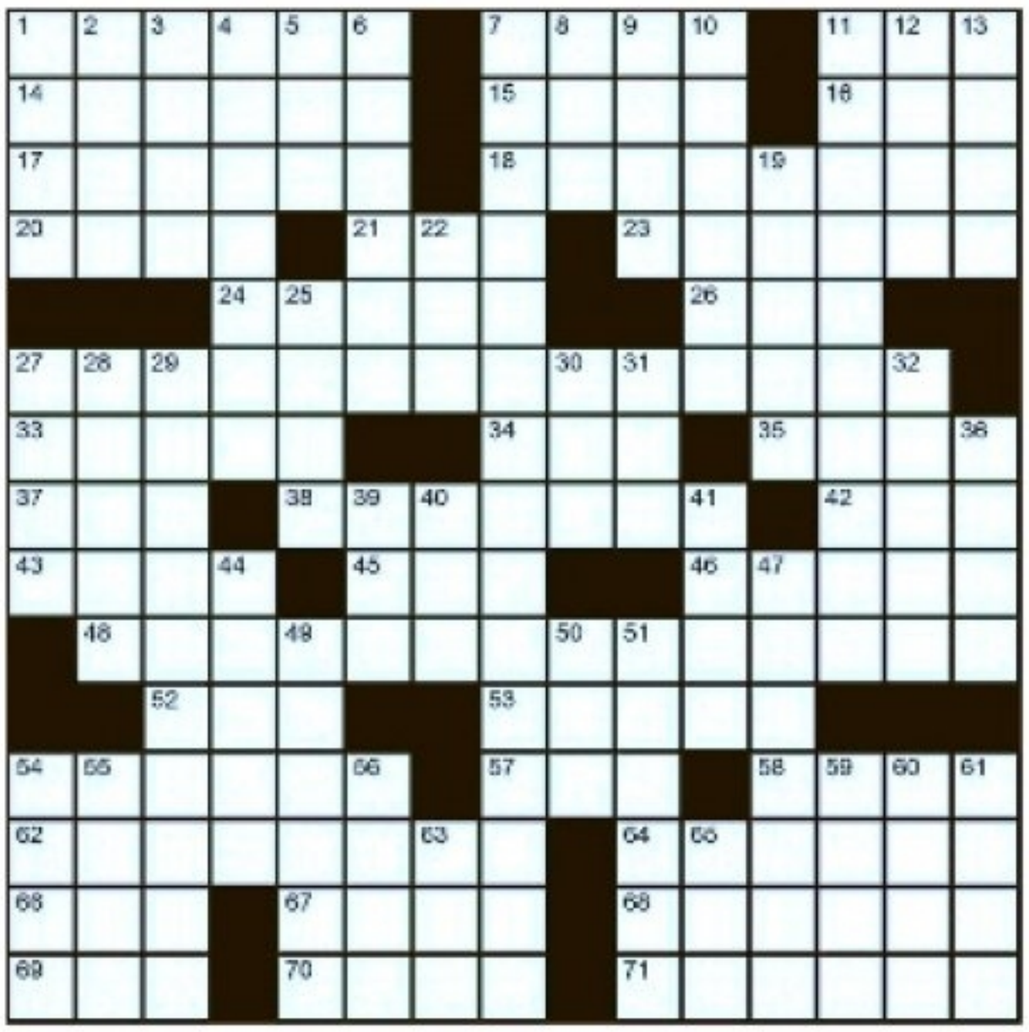
2. Pour drained pasta and vegetables back into pot and mix in olive oil. Using a microplane, grate garlic into the pasta, add in the umami paste, cheese, and stir. Loosen up your sauce by adding a tablespoon of reserved pasta water at a time until you reach desired consistency.

3. Serve with basil and Asiago sprinkled on top.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Apartment lease signer
7. Bewildered stare
11. Isthmus of __ (Malay Peninsula part)
14. "Fancy" rapper Iggy
15. "Is that station on FM ___?" ...wondered the radio listener
16. "Well, __ really."
17. Hat type
18. Bernie Taupin on an Elton John classic
20. Wrapped garment
21. Psychedelic drug
23. B.C.'s __ Valley
24. Smoulder
26. "Ugh!"
27. Creative trends for adults in the world of publishing now: 2 wds.
33. Contracted 'are not'
34. Cute laugh, when doubled
35. Bother/irritate ...in a typo
37. Idled
38. Canadian band with the 1982 hit "Your Daddy Don't Know"
42. Favourer's vote
43. Hgts.
45. "__ darn tootin'!"
46. Mil. rank: 2 wds.
48. It made headlines in the world of rock in 1970: 2 wds.
52. Time off letters
53. Set of values
54. Mr. Kutcher
57. "Wellll...?"
58. Phone nos.
62. Rather embarrassed
64. Cat who hosts #32-Down
66. Ms. Carrere
67. __-1, "Ghostbusters" (1984) vehicle
68. American inventor Thomas
69. Party-less politician, puny-ly
70. District
71. Lucifer's

DOWN
1. On-people pix
2. Canadian pundit Mr. Levant
3. Reshmi __, CBC journalist
4. Sackville, N.B.'s Mount __ University
5. Omaha's li'l state
6. "Tell It to My Heart" singer Ms. Dayne
7. Populated region around western Lake Ontario as it's known: 2 wds.
8. 'Legend' suffix
9. Golfer's norms
10. Mr. Estevez
11. Bookshelf trinket
12. Santa __, California
13. Office memo abbr.
19. Wintertime drink by the fire
22. Go downhill
25. Producer/songwriter Mr. Lange
27. House: Spanish
28. Teeth care brand
29. Company's stationery
30. Basic category [abbr.]
31. Wager
32. 'SY' of SYTYCD: 2 wds.
36. Kennel cry
39. Olive of cartoons
40. Celebrity chef Ms. Drummond
41. Margarine
44. Health: French
47. Try that food sample: 2 wds.
49. Saint-__ (South of France resort)
50. Randy Bachman's '70s gr.
51. __ Scholar
54. __ Spumante wine
55. Knee-to-ankle midpoint
56. Album of 1967: 'The Velvet Underground & __'
59. Queen in "Frozen" (2013)
60. Mr. Trotsky
61. Thesaurus entries, for short
63. RR depot
65. Writer Ms. LeShan

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Progress arrives through taking chances and rejecting traditional ways of doing things. The more others try to persuade that now is not the time to try something new, the more confident you should be.

Taurus April 21 - May 21
Today you will demand to have your say. Others will be so shocked they might actually listen for a change. If not, don't be afraid to shout!

Gemini May 22 - June 21
Be aware of others' doubts but don't let them influence you too much. Have confidence in yourself, with your ruler Mercury in one of the better areas of your chart you won't lack for self-belief.

Cancer June 22 - July 23
For the next 24 hours, others may not be telling you the truth. It does not matter how good a deal you're being offered, if there is the slightest doubt in your mind you must turn it down.

Leo July 24 - Aug. 23
Don't be too hard on people whose beliefs are different from your own. They are as entitled to their way of thinking, so be tolerant. If that's not possible, just stay out of their way.

Virgo Aug. 24 - Sept. 23
You may not take kindly to outsiders telling you how to do things but perhaps on this occasion you should listen. If they are all saying much the same thing it may be a sign that they are on to something. Think about it.

Libra Sept. 24 - Oct. 23
Mercury in Aquarius is still doing wonders for your confidence. Today, go out of your way to show the world what you can do. Don't let anyone tell you that you are aiming too high.

Scorpio Oct. 24 - Nov. 22
This is an emotional time for you. Be careful not to let little, everyday things get you down. Strive to see the good in your life and in everyone you know. It's still there — it just takes a bit more effort to recognize.

Sagittarius Nov. 23 - Dec. 21
Usually you like to hear both sides of every story but today you will come down strongly in favour of one particular viewpoint. Don't beat about the bush — say your piece.

Capricorn Dec. 22 - Jan. 20
You are under no obligation to be nice to someone but realize that they may be useful to you in the near future, so try to stay on good terms.

Aquarius Jan. 21 - Feb. 19
Anything is possible today but that's not an invitation to ignore common sense and take on a task that is clearly not worth the time and energy that will be required to make it work. Be selective in your enthusiasms.

Pisces Feb. 20 - March 20
Don't give away too much information. Play your cards close to your chest and keep those you work with guessing what your next move might be. The less they know the bigger your personal advantage will be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					2	5	3	
				7				
	2	6	9		8	4	1	
7	5			8			2	4
9								8
1								6
8								5
	3						4	
		5	2	1	4	9		

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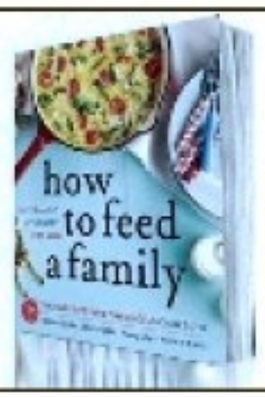

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	8	4	3	2	7	6	9	1
3	6	2	9	8	1	4	7	5
7	1	9	5	4	6	2	8	3
9	4	5	6	3	2	7	1	8
2	3	1	8	7	4	9	5	6
6	7	8	1	9	5	3	2	4
4	2	3	7	1	8	5	6	9
8	5	7	4	6	9	1	3	2
1	9	6	2	5	3	8	4	7

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